



## ASSESSING YOUR LEARNING STYLE

**Instructions:** For each statement below please respond with one of the five choices.  
Write the number that best describes you in the blank.

**1** very little like me   **2** a little like me   **3** somewhat like me   **4** like me   **5** a lot like me

1. _____ Books are very important to me.
2. _____ I can easily compute numbers in my head.
3. _____ I often see clear images when I close my eyes.
4. _____ I engage in at least one sport or physical activity on a regular basis.
5. _____ People say I have a pleasant singing voice.
6. _____ I'm the kind of person that people come to for advice at school or in my neighborhood.
7. _____ I regularly spend time alone meditating, reflecting, or thinking about important life questions.
8. _____ I can hear words in my head before I read, speak, or write them down.
9. _____ Math and/or science are among my favorite subjects in school.
10. _____ I notice differences in colors and am aware of the visual influence color has.
11. _____ I find it difficult to sit still for long periods of time.
12. _____ I can tell when a musical note is off key.
13. _____ I prefer group sports like badminton, volleyball, or softball to individual sports such as swimming or jogging.
14. _____ I enjoy attending classes or activities which help me learn more about myself.
15. _____ I get more out of listening to the radio or CD than I do from television or movies.
16. _____ I enjoy playing games or solving brain teasers that require logical thinking.
17. _____ I frequently use a camera or camcorder to record what I see around me.
18. _____ I like working with hands on activities such as model building, carpentry, crafts, or fixing things.
19. _____ I frequently listen to the radio, cassettes, or compact discs.
20. _____ When I have a problem, I'm more likely to seek out another person for help than attempt to work it out on my own.
21. _____ When things go wrong, I am able to bounce back.
22. _____ I enjoy word games like Scrabble, Boggle, or Scattergories.

1 very little like me	2 a little like me	3 somewhat like me	4 like me	5 a lot like me
23. _____	I like to setup little "what if" experiments (for example "What would happen if I put a grasshopper in a jar with a spider?").			
24. _____	I enjoy doing jigsaw puzzles, mazes, and other visual puzzles.			
25. _____	My best ideas come to me when I'm out for a long walk or a jog, or when I'm involved in some other kind of physical activity.			
26. _____	I play a musical instrument.			
27. _____	I have at least three close friends.			
28. _____	I have a special hobby or interest that I keep pretty much to myself.			
29. _____	I enjoy entertaining myself or others with jokes, funny stories, or something I heard.			
30. _____	My mind searches for patterns, likenesses, or possible sequences of things.			
31. _____	I have sensational dreams at night.			
32. _____	I often like to spend my free time outdoors.			
33. _____	My life would be crummy if there were no music in it.			
34. _____	I favor group activities like parties over individual activities such as Game Boy or solitaire.			
35. _____	I have some important goals for my life that I think about on a regular basis.			
36. _____	Other people sometimes stop and ask me to explain the meaning of words I use in my writing and speaking.			
37. _____	I'm interested in new developments in science.			
38. _____	I can generally find my way around unfamiliar territory.			
39. _____	I frequently use hand gestures or other forms of body language when conversing with someone.			
40. _____	I sometimes catch myself walking down the street with a television jingle or other tune running through my mind.			
41. _____	I enjoy the challenge of teaching another person, or group of people, what I know how to do.			
42. _____	I have thought about and understand my strengths and weaknesses.			
43. _____	English, social studies, and history are easier for me in school than math and science.			
44. _____	I believe that almost everything has a logical explanation.			
45. _____	I like to draw and doodle.			
46. _____	I need to touch things in order to learn more about them.			
47. _____	I can easily keep the beat to a piece of music with a drum stick or my hands.			
48. _____	I consider myself a leader (or others call me a leader).			
49. _____	I would prefer to spend a weekend alone in a cabin in the woods rather than at a fancy resort with lots of people.			

**TALLY SHEET FOR LEARNING STYLE ASSESSMENT**

Instructions:

List below your number response for each question on the appropriate line. (For example if your response to #1 was 3, put the number 3 on the blank next to #1.)



#1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

#4 \_\_\_\_\_

#5 \_\_\_\_\_

#6 \_\_\_\_\_

#7 \_\_\_\_\_

#8 \_\_\_\_\_

#9 \_\_\_\_\_

#10 \_\_\_\_\_

#11 \_\_\_\_\_

#12 \_\_\_\_\_

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#37 \_\_\_\_\_

#38 \_\_\_\_\_

#39 \_\_\_\_\_

#40 \_\_\_\_\_

#41 \_\_\_\_\_

#42 \_\_\_\_\_

#43 \_\_\_\_\_

#44 \_\_\_\_\_

#45 \_\_\_\_\_

#46 \_\_\_\_\_

#47 \_\_\_\_\_

#48 \_\_\_\_\_

#49 \_\_\_\_\_

TOTAL

TOTAL

TOTAL

TOTAL

TOTAL

TOTAL

TOTAL

**PERSONAL SUMMARY OF LEARNING STYLES**

Instructions:

Step One








→ Find your two highest learning styles from the totals above. Then circle those two styles in the first column below.

Step Two

→ From the Interests/Skills/Strengths List, circle all the words that best describe you from all styles.

Step Three

→ List practical suggestions from the Learning with Style poster for your top two or three styles.

Learning Style	Interests/Skills/Strengths	Best Ways to Learn	Practical Suggestions
 <b>Verbal/Linguistic</b>	Reading, writing, telling stories, listening, speaking, explaining, teaching, using humor, understanding the various meanings of words, remembering information	Saying, hearing and seeing words; reading	
 <b>Mathematical/Logical</b>	Experimenting, working with numbers, problem solving, thinking logically, exploring ideas, questioning & wondering about natural events	Making categories, classifying and working with patterns, figuring with numbers	
 <b>Visual/Spatial</b>	Drawing, building/fixing, designing, & creating things, imaging, working on puzzles or mazes, working with visual images, charts & graphs	Visualizing, using colors and pictures, seeing things in the mind	
 <b>Bodily/Kinesthetic</b>	Physically coordinated, sports, dancing, using hands to create, build or fix, using body language, crafts, talking, touching	Touching, moving, hands-on learning, interacting with objects, doing something physical	
 <b>Musical/Rhythmic</b>	Singing, playing an instrument, picking up sounds, remembering melodies, keeping time, responding to music, composing, whistling	Rhythmically, musically, making up melodies	
 <b>Interpersonal</b>	Having fun with friends, talking to people, joining groups, leading, organizing, cooperating, caring, helping, communicating	Sharing, comparing, relating, cooperating, interviewing	
 <b>Intrapersonal</b>	Reflecting, focusing on personal feelings, pursuing own interests, following instincts, reasoning	Working alone in own space, self-pacing instruction, reflecting	